

# TURNIPS

This Nebraska Harvest of the Month newsletter highlights locally grown turnips. Your school will be preparing recipes featuring turnips as part of the school meal program this month! We invite you to try the turnip recipes in this newsletter at home. Include the whole family in cooking and food preparation as these skills provide a foundation for a lifetime of healthy eating.

## SELECTION, STORAGE & COOKING

- Small and medium sized turnips are sweeter.
- Refrigerate for up to 3 weeks in a plastic bag.
- Boil, steam, sauté, or roast; pre-cook before adding to soups and stews to avoid overpowering the dish.

## NUTRITION TIP

A half a cup of turnip greens provides an excellent source of Vitamins A, C, and K, and a good source of folate.

## SEASONAL AVAILABILITY



## CLAPSHOT

A TRADITIONAL SCOTTISH RECIPE  
SIMILAR TO MASHED POTATOES

Serves 4

### Ingredients:

- 1 pound Russet potatoes, peeled and cut into cubes
- 1 pound turnips, peeled and cut into cubes
- 2 tsp. butter
- 1 Tbsp. chopped chives (optional)
- Salt and pepper, to taste

### Directions:

1. Peel potatoes and turnips. Cut both into one-inch cubes.
2. Fill a 3-quart saucepan half full with water. Add potatoes and cook for 10 minutes or until they start to soften. Add turnips and cook until both vegetables can be easily pierced with a knife. Drain.
3. While hot, beat vegetables together. Mix in the butter, chives, salt and pepper. Enjoy!



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# FUN WITH TURNIPS



## TURNIP JACK-O-LANTERN

Did you know the first Jack-o-lanterns came from Ireland and were made out of turnips? This activity takes some patience, but will result in cute carved faces!

1. Cut off the turnip tops with a kitchen knife, then hollow out the turnips with a melon baller.
2. On the turnip skin, draw a face with a wax pencil and carve out with a utility knife. Be sure an adult helps with this step. Add holes on each side of the turnip so you can string and hang it.
3. Cut a piece of twine to desired length, slip an end of the twine through each hold, and make a knot. Trim the ends. Tuck a tea candle inside to illuminate.

[www.marthastewart.com/272904/turnip-jack-o-lanterns](http://www.marthastewart.com/272904/turnip-jack-o-lanterns)

## WORD BANK

Greens      Biennial      Root  
Self-pollination      Dietary fiber

Turnip is a type of \_\_\_\_\_ vegetable.

You can eat the root and the \_\_\_\_\_.

Turnip flowers are able to perform \_\_\_\_\_ in the case that pollinators are not available.

Turnip is a \_\_\_\_\_ plant, which means it completes its life cycle in two years.

The turnip root is rich in \_\_\_\_\_ and the turnip leaves are a rich source of vitamins B6, E, K, C and A.

[www.softschools.com/facts/plants/turnip\\_facts/1563](http://www.softschools.com/facts/plants/turnip_facts/1563)

## TRIVIA

Turnips are in the *brassica* family, just like:

- A. Spinach & kale
- B. Beans & peas
- C. Broccoli & cabbage



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